

Food Policy Nutrition Guidelines County Sponsored Meetings and Events

County employees must abide by the Los Angeles County Food Policy ONLY when providing food and beverages purchased with County funds at County-sponsored meetings and events.

Food purchased with County funds and served at County-sponsored meetings and events shall meet the following standards:

- a) No more than 35% of calories from total fat (not including nuts, seeds).ⁱ
- b) No more than 10% of calories from saturated fat.^{ii, iii, iv}
- c) Does not contain *trans* fats added during processing (hydrogenated oils and partially hydrogenated oils).^v
- d) No more than 35% of its total weight shall be composed of sugar (including naturally occurring and added sugar). This does not apply to the sale of fruits or vegetables.^{vi}
- e) No more than 360 mg of sodium per serving.^{vii, viii}
- f) Half of all grains offered are whole grains.
- g) Items shall not exceed 200 calories per item.^{ix, x}

Beverages purchased with County funds and served at County-sponsored meetings and events shall meet the following standards:

- a) 100% fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container).
- b) Drinking water with no additives except those minerals normally added to tap water.
- c) Dairy milk, non-fat, 1%, and 2% only (no flavored milks).^{xi}
- d) Plant derived (i.e. rice, almond, soy etc.) milks (no flavored milks).
- e) Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container.

ⁱ Legislative Counsel State of California.

ⁱⁱ Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

ⁱⁱⁱ Legislative Counsel State of California.

^{iv} U. S. DHSS. The Food Label.

^v Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

^{vi} Legislative Counsel State of California.

^{vii} U. S. DHSS. The Food Label.

^{viii} Code of Federal Regulations.

^{ix} USDA FNS. Healthier US Food Challenge.

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^{xi} Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

